



# SPINNING (INDOOR CYCLING) SCHEDULE OCTOBER 2018

45 and 60 minute classes taught by Certified Cycling Instructors on new Schwinn Indoor Cycles! XPRESS CYCLE: 30 minute ride  
 INTRO to CYCLE: designed for new indoor cyclists with bike set up, technique focus and a 30 minute ride (these run once per month)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30 AM</b>			5:45-6:30 Indoor Cycling - Willa	5:45-6:30 Indoor Cycling - Andy			
<b>6:00 AM</b>						6:30-7 XPRESS Cycle- Beth	
<b>8:00 AM</b>	8-8:45 Indoor Cycling -Willa	8-8:45 Indoor Cycling - Lisa					8:30-9:15 Indoor Cycling - Debra/ Maria
<b>9:00 AM</b>	9-10 Indoor Cycling - Michelle	9:15-10 Indoor Cycling-Dave	9-9:45 Indoor Cycling - Beth	9-9:45 Indoor Cycling - Vicki	9-10 Indoor Cycling - Beth	9-9:45 Indoor Cycling- Pam	
<b>10:00/11:00 AM</b>			10:30-11 Senior Cycle - Terri				10-10:45 Indoor Cycling - Dave
<b>4:00 PM</b>				4:15-5 Indoor Cycling			
<b>6:00 PM</b>		6-6:45 Indoor Cycling - Maria	6-7 Indoor Cycling - Michelle		6-6:45 Indoor Cycling- Susan		

All classes taught by certified, experienced instructors • Free for JCC Members • For more information: [susand@jccnh.org](mailto:susand@jccnh.org)